

Parkour Classes

Commencing 1 August 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PARKOUR RECREATIONAL (6-9 years)						
4:00-5:30	4:00-5:30	4:00-5:30	4:00-5:30	4:00-5:30	9:00-10:30 2:00-15:30	9:00-10:30
\$241 per month (based on 4 week month). <i>Suitable for any skill level.</i>						
PARKOUR RECREATIONAL (9-12 years)						
5:30-7:00	5:30-7:00	5:30-7:00	5:30-7:00	5:30-7:00	10:30-12:00 3:30-5:00	10:30-12:00
\$241 per month (based on 4 week month). <i>Suitable for any skill level.</i>						

Parkour is not only a sport but also a discipline that focuses on body development through movement.

- Basic movement skills such as running, jumping, crawling, balancing, swinging, climbing, rolling etc
- Build physical and mental strength through conditioning.
- Body and spatial awareness to overcome challenges.
- Parkour values that can be applied to the outside world.

It won't just be about your child getting fit, but also about developing confidence and skills to build mental fortitude and grit.

To register visit www.swagagym.com

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